

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
08:00–08:10		Prep for PAO media event
08:10–08:30		Live TV: press conference for Russian media
08:30–08:50	CDR	Test ISS4/GCTC comm pass (family) (S-Band)
08:50–09:20		DC-1 Thermal Control System: ??? Unit: Liquid Electrical Heater (?? ? ??): control bus checkout
08:30–11:30	FE-1, FE-2	Weekly station cleanup
08:50–11:30	CDR	Weekly station cleanup
11:30–12:30		Physical exercise (cycle-2)
12:30–13:30		LUNCH
13:30–13:55	FE-1	Daily payload status check
14:35–14:55		Weekly planning conference (S-band)
15:00–16:30	FE-1	Physical exercise (RED)
15:30–16:30	FE-2	Physical exercise (TVIS)
16:30–18:00		Physical exercise (RED)
16:30–17:30	FE-1	Physical exercise (TVIS)
16:50–17:30	CDR	Maintenance of ???
17:30–19:00		Physical exercise (TVIS+IREDD day 2)
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities

End of radiogram